Gerund: a noun made from a verb by adding -ing. You can use a gerund as the subject, object, or complement in a sentence. You can make a gerund negative by adding "not."

Reading helps you learn English (subject)

I enjoy **reading**. (object)

Her favorite hobby is **reading.** (complement)

He enjoys **not working**. (negative)

Infinitive: a noun made from the "to" form of a verb. You can use an infinitive as the subject, object, or complement in a sentence. You can make an infinitive negative by adding "not."

To learn is important. (subject)

He wants to learn. (object)

The most important thing is **to learn**. (complement)

He makes a point **not to learn.** (negative)

Some Considerations:

Both gerunds and infinitives can be used as the **subject** or the **complement** of a sentence. However, as subjects or complements, gerunds usually sound more like normal, spoken English, whereas infinitives sound more abstract. Gerunds sound more natural and would be more common in everyday English. Infinitives emphasize the possibility or potential for something and sound more philosophical.

Riding my bike is really fun. (more casual)
What's really fun is **to ride** my bike. (more formal or philosophical)

As the **object** of a sentence, it is more difficult to choose between a gerund or an infinitive. In such situations, gerunds and infinitives are **not normally interchangeable**. Usually, the **main verb** in the sentence determines whether you use a gerund or an infinitive.

He <u>enjoys</u> swimming. He wants to swim.

Even verbs that can use either a gerund or an infinitive often indicate different meanings depending on which is used.

He <u>stopped</u> **smoking.**

He stopped to tie his shoe. (this implies "in order to")

Verb + Gerund	Verb + EITHER	Verb + Infinitive
admit	begin	agree
advise	cease	aim
appreciate	choose	appear
avoid	continue	arrange
complete	detest	ask
consider	dislike	attempt
delay	dread	be able
deny	forget	beg
detest	hate	care
dislike	have	condescend
enjoy	keep	consent
escape	leave	dare
excuse	like	decide
finish	love	deserve
forbid	need	expect
get through	prefer	fail
have	prepare	happen
imagine	propose	hesitate
mind	regret	hope
miss	remember	hurry
permit	say	intend
postpone	start	leap
practice	stop	long
quit	try	mean
recall		neglect
report		offer
resent		plan
resist		proceed
resume		promise
risk		refuse
suggest		shoot
tolerate		strive
		swear
		threaten
		wait
		want
		wish